

URBAN AGING NEWS

Urban Aging L3C

FREE

Issue 9 | Fall 2017

Info, Insight & Inspiration for Metro Detroit's Maturing Adults

Beat The Doldrums, Enjoy Life.

There's a difference between being alone and lonely. Experts advise everyone - regardless of age - to take time for themselves doing whatever is pleasing to the individual. But, they add, it's not healthy physically or mentally to spend so much time alone to become lonely.

In this issue of Urban Aging News, seniors and caregivers can learn why social isolation is so damaging and ways seniors and caregivers can reduce - and hopefully eliminate - the doldrums and get out there, socialize and have fun.

Protect loved one from social isolation



Cathy Lysack, Ph.D

Social isolation can be as harmful as smoking to a senior, said Cathy Lysack, deputy director of the Institute of Gerontology and professor of occupational therapy at Wayne State University.

“Smoking damages cells and that’s easier to imagine than if someone can’t walk; that’s visible and tangible,” she said. “Social isolation causes stress and stress can cause a heart attack. Stress releases negative hormones in the body that can weigh you down and that contributes to loneliness and increases risk of disability and death.”

Lysack characterized social isolation as the lack of human interaction.

“Humans are social beings and we do well when we share our joys and days with others.

“In mild cases, you’re lonely; you don’t get out as much and you’re not as physically fit. In the most extreme, you are at risk for depression.”

And that goes for both seniors and caregivers, regardless of mobility issues.

One of the main causes of social isolation is the inability to drive and a senior’s circle of activities begins to shrink.

“It’s not easy to look at (transportation) alternatives. How will you get to these places?” she said.

Asking a friend or family for a ride makes the senior feel worse about him or herself because they feel they are being a burden.

Lysack suggests seniors be “bold” and invite people to their homes for social interaction. (For more tips from Lysack, see sidebar.)

Spending time with people you care about, interacting with other humans daily is necessary for everyone, she said.

Contact should include telephone conversations with loved ones, Skyping with those that live far away and visits with those close by.

“When we’re cooped up, we

get cabin fever. The body doesn’t want to be alone - it wants to be out in the world.” Many families and caregivers turn to adult day care centers as a source of interaction. The problem, however, according to Lysack is the name itself has negative connotations.

Adults don’t want to go to day care; children attend day care, she explained.

“The belief is people that go there can’t care for themselves, their health is in de-

cline and they are helpless or weak,” she said.

To reduce that connotation, Lysack said many companies have changed their names to deflect the day care aspect and call themselves senior centers or senior volunteer centers.

“Healthy senior wants to go somewhere where it’s fun and interesting and enjoyable,” she said.

And that desire is a good indication a senior is not feeling isolated.



“When the cold weather hits, seniors can become unusually aggressive and antisocial due to loneliness or feeling disconnected from people outside of their immediate circle,” says Carolyn Sloan, MA, QMHP, executive director of Engaging Adults In Interaction Senior Services in Taylor. “Centers provide healthy human interaction. Even if your loved one seems well and healthy, the socialization with people their own age enhances their quality of life and possibly prolongs their life.”

IN MY MIND *By Pat Rencher*



tion and loneliness. Social isolation is the lack of contact between an individual and society while loneliness reflects a temporary lack of contact with other humans. Both can have serious consequences for seniors' physical and mental health.

Chronic illnesses, less physical activity, immobility and depression have been tied to loneliness and isolation. And not too surprisingly, decreased mental abilities can arise as a person's world shrinks. Some of the research finds that cognitive decline and dementia may become more likely with isolation. The issue can only worsen with decreasing number of children per household, declines in marriage, and an aging population.

The research is clear: Social isolation and loneliness are health risks for everybody.....especially our elders. Studies say that disability, experiencing major life events like retiring, loss of spouse or close friends, living alone, language barriers or low income, or living in a rural, inaccessible or unsafe location puts one at greatest risk.

There's a difference, however, between social isola-

While the research on interventions to deal with social isolation and loneliness is in-

consistent and inconclusive, there are things that each of us can do: Check in on a neighbor or former church member, send a card, take someone for a ride, or just give them a call. After all, God willing, we'll be old one day and we'll certainly ap-

preciate the gesture.

Peace & Blessings,

Patricia Ann Rencher
Patricia Ann Rencher,
 Publisher
 Urbanagingnews@yahoo.com



Awesome 96-year old Clara Doutly is a faithful volunteer and member of St. Patrick Senior Center in Detroit. Doutly holds the distinction of being one of the original Rosie the Riveters who worked in the armaments industry during World II. Doutly attends the Center 6-7 days weekly.

OUR STAFF



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URBAN AGING NEWS

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Helpful Resources For Locating Adult Day Centers

Adult day centers have two primary goals: to enhance and/or maintain the physical, social, emotional and cognitive functioning level of participants, and to provide respite for families and caregivers. Below are some recommendations on how to find centers to meet your needs:

Michigan Adult Day Center Locator

<https://www.adultdaycare.org>,
or (866) 333-6002

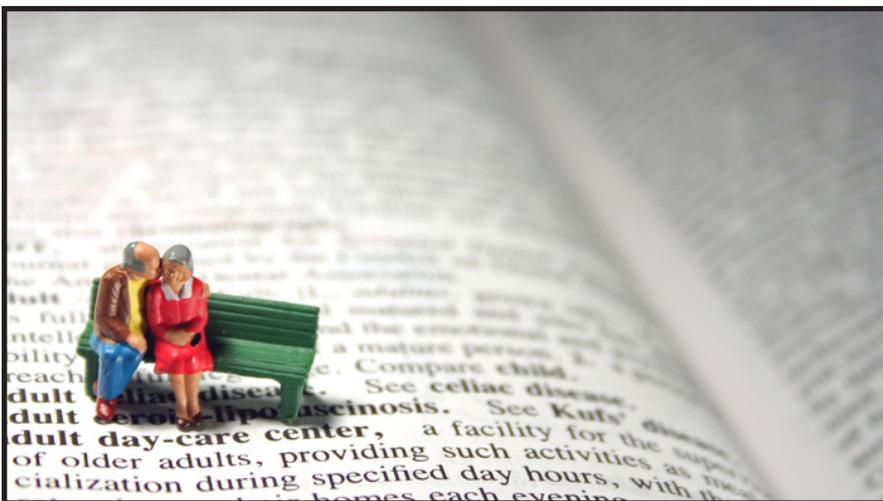
Michigan Adult Day Services Association (MADSA)

Email: mimadsa@gmail.com

Phone: (616) 485-5018

Local Area Agencies on Aging Information and Referral departments can also help:

- **AAA-1A**
(Wayne County)
(313) 446-4444
- **AAA-1B**
(Oakland/Washtenaw Counties)
(800) 852-7795
or aaa1b.org/caregiver-resources/adult-day-programs
- **AAA-1C** (Western Wayne County)
(734) 727-2061



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Puede hablar con alguien sobre cómo obtener esta información en otros idiomas. Llame al 1-855-676-5772 (TTY:711), 24 horas al día, siete días de la semana. Esta llamada es gratuita.

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Non-family guardianship may not be right option

By Debra Pascoe
Editor

One need not wait for a health crisis to choose whom can act on their behalf should one become incapacitated.

Don't rely on a court appointed guardian to make your decisions or you may be in a world of trouble if the person selected does not have your best interests at heart, said Brian Geller, an attorney with the Michigan Center for Law and Aging.

A family member or close friend is the best option as a guardian, Geller said. But for those who have neither, a Probate Court

judge can appoint someone to act on your behalf. But, warns Geller, guardians are not licensed in Michigan and one may be assigned to an unscrupulous person or agency. (See related story for another option.) Geller said there are about 300 professional guardians in the state of Michigan, some are individuals, others members of partnerships or corporations.

"Any person or company can hold itself as a professional guardian" Geller said. "There is no system in Michigan to register or license them. Therefore, there are no particular qualifications - be it educational or training requirements - to be a professional. So, anyone could

hang out a shingle or put an ad in the paper or talk to a court and declare themselves to be a professional guardian."

What's important to note, Geller said, is the law sets forth a priority as to who should be appointed guardian. The first is the individual chosen by the person; second is a family member willing and able to serve.

"Only if you don't chose anybody or the person doesn't have a family member willing and able to serve will the court appoint a professional guardian," Geller said.

There are also no staffing requirements limiting the number

of people a professional guardian can be assigned, Geller said.

"A professional guardian could be responsible for 200 to 300 individuals. "If I'm responsible for that number of people, I'm not going to make decisions based on the individuals'needs. I probably don't even know their names."

Professional guardians, Geller said, are responsible for ensuring their client receives the necessities - such as food and shelter - with the goal of serving the client until the client can return to his or her own home.

Continued on page 6



Janet M. Hunko, the U of Michigan Housing Bureau for Seniors; Cynthia Farrell, MI Adult Protective Services; Antonia Lamb, Elder Law & Advocacy Center; and Brad Geller discuss the challenges people face in confronting elder abuse in Michigan at the Elder Abuse Has No Borders conference at Madonna University.

Durable Power Of Attorney An Option To Guardianship

There is an alternative to guardianship for a loved one needing assistance making health care decisions.

Brad Geller, an attorney with the Michigan Center for Law and Aging, suggests regardless of one's age and health one should have a durable power of attorney document for health care with a trusted family member or friend to act on one's behalf should the need arise.

The document can be crafted to confer either general pow-

er or power in certain limited circumstances. Because judicial proceedings are unnecessary, the person saves time and money and avoids the stigma of being declared incompetent.

"One should plan for the possibility," Geller said, adding hiring an attorney is not necessary to create this legal document. There are plenty of online sites available to find the paperwork and documentation needed. Geller has created his own pamphlet available

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Non Family Guardianship Continued from page 5

"There is pressure for guardians to have the individual's setting convenient for the guardian rather than a setting for individual's needs, such as their own home. The requirement the professional guardian obtain services to return the person to a degree of self-care is not something the guardian is going to have time to do," he said.

He also said there is no way to oversee the requirement professional guardians discuss any major decisions with the client.

The lack of oversight can also leave the client without a home and virtually penniless should

the professional guardian be unscrupulous.

Guardians - regardless of being professional or a family member - are required to file an annual financial report. But judges, Geller said, do not require them to account for the money the guardian receives on behalf of the client - such as pensions - and how that money is spent. Nor does the law prevent a guardian from selling the client's home.

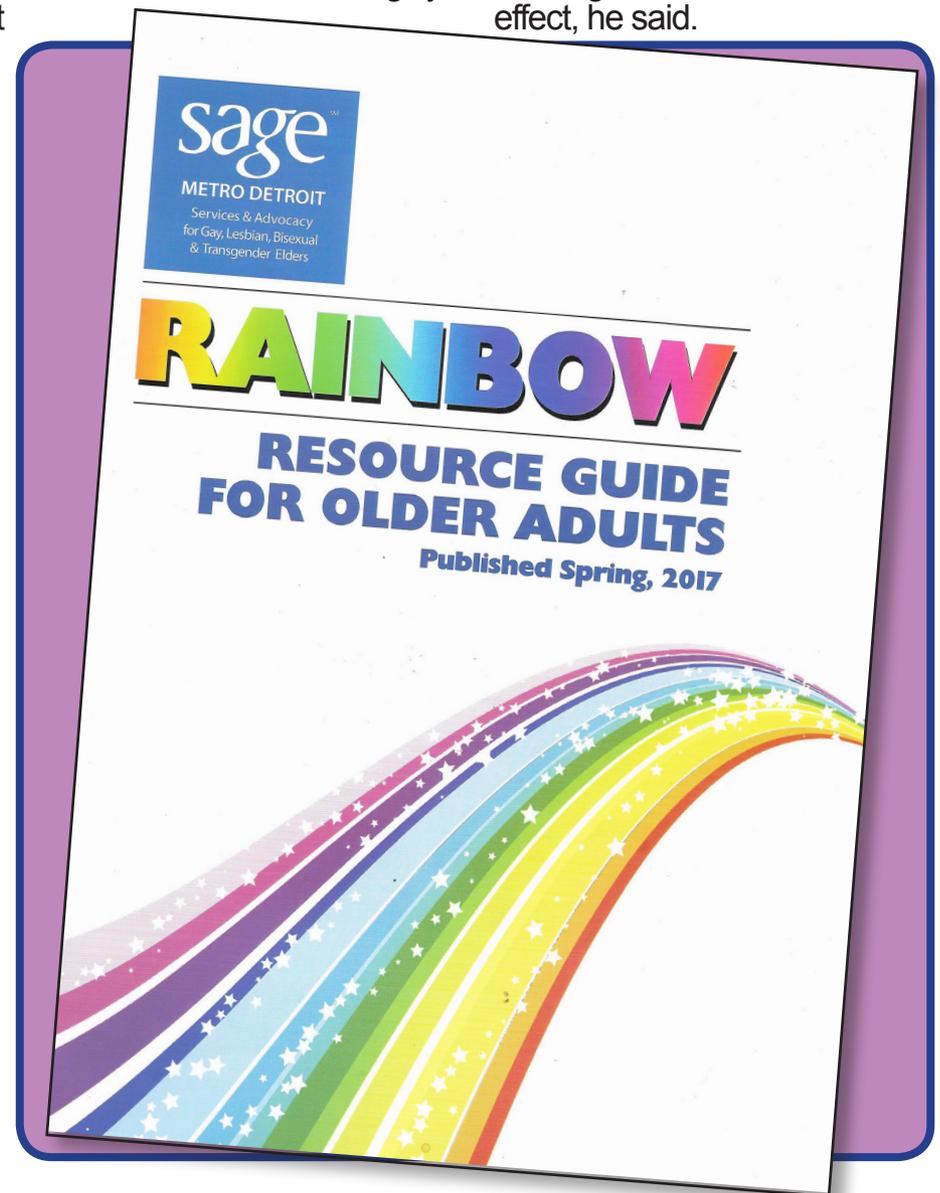
"Guardianship can be a license to steal," he said, drawing attention to a guardianship scandal some 20 years ago in Detroit and dozens more across the nation.

"I don't know how our state Supreme Court and Legislature has allowed this to continue."

The Legislature, however, has discussed requiring the Department of Licensing and Regulatory Affairs to set forth a licensing sys-

tem, limiting the number of clients served under each guardian and tracking the living arrangements for clients to ensure one guardian is not overseeing numerous clients in the same nursing facility.

Nothing, however, has taken effect, he said.



Guide Identifies LGBT-Friendly Service Providers
The SAGE Metro Detroit Rainbow Resource Guide is a special index for LGBT older adults, service providers and allies that includes LGBT-friendly businesses, organizations and service providers. This resource guide contains information about nondiscrimination policies and trainings that will help LGBT consumers make informed decisions about which service provider or business to use. To obtain the guide, contact Emell Derra Adolphus, communications coordinator, at 734-681-0854 or info@sagemetrodetroit.org.

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Elder Abuse Summit Targets Faith-Based Community

The State of Michigan estimates as many as 90,000 older adults in the state annually are victims of elder abuse, with many of these crimes going unreported.

Nationally, up to 5 million older Americans are abused every year, according to the National Council on Aging.

A summit to raise awareness and prevention of elder abuse is set from 11 a.m. to 3 p.m. Friday, Sept. 29, at the Charles H. Wright Museum of African American History. The summit's

goal is to educate participants on how to identify, intervene and report elder abuse. According to planners, elder abuse can be successfully prevented if “a cultural consciousness fosters inter-generational intervention methods.”

The Detroit Area Agency on Aging has developed and will present a toolkit for faith-based organizations to use in raising awareness. To register, call (313) 446-4444 ext. 5259, or contact Tamara Perrin at perrint@daaa1a.org.

Warning: ‘Assisted Living’ Not Licensed

*By Debra Pascoe
Editor*

Be very wary before signing a lease at an assisted living facility.

According to Brad Geller, an attorney with Michigan Center for Law and Aging, assisted living is merely a “marketing term.” These facilities are not licensed or regulated in Michigan.

“If a housing unit is advertised as assisted living, that essentially means nothing,” he said. “Take no comfort in a housing unit advertised as such. The ‘assistance’ could include very basic service, such as sheet washing.”

In Michigan, he said only nursing homes, adult foster care and homes for the aged are licensed. Services offered at those facilities, he said, are overseen by

consumer protection and other state laws.

To protect oneself, Geller strongly suggested those interested in an assisted living facility conduct a very thorough investigation to determine exactly what the facility offers its residents. Begin with a site visit, he recommended.

Meet with management and learn which services are covered under the monthly fee and which are not. Obtain a list of other services offered, the additional fees and analyze what is being offered and the cost before signing on the dotted line, Geller said.

“The range of services provided by an assisted living center vary widely,” he said, recommending interested parties choose the one that best suits their needs and budget.

Host Sites Sought for Senior Programming



If you're responsible for planning senior programming for your organization, the following programs are looking for sites to host their presentations at no charge.

The *Success After Financial Exploitation (SAFE)* program helps older adults combat scams and identity theft. The program offers a one-day presentation on current scams and one-on-one assistance to those seeking remedy from identity theft.

For more information, contact SAFE Program Coordinator LaToya Hall at 313.664.2608, Institute of Gerontology-Wayne State University.

The following programs are offered through your local Area Agency on Aging:

The Personal Action Towards Health or PATH for Better Health workshops help adults

aged 60 and over learn tools to manage long-term or chronic diseases such as diabetes, arthritis, heart disease, depression and more. Workshops meet once a week for 6 weeks.

If members of your organization are struggling with balance or at high risk for falls, the 4 or 8-week *A Matter of Balance* class helps to restore their confidence while equipping them with exercises and strategies to prevent accidents and unwanted institutionalizations.

• **AAA-1A** (Wayne County)
Anita Kanakaris
313.446-4444

• **AAA-1B** (Oakland/
Washtenaw Counties)
800.852-7795

• **AAA-1C**
(Western Wayne County)
734. 727-2061



When Wendy Williams of CarePatrol is not helping seniors and those that love them find safe and affordable housing, she is a practicing disciple and certified teacher of Wustyle TaiChi Chuan. Williams teaches the ancient Chinese discipline to seniors throughout metro-Detroit and touts Tai Chi's continuous series of controlled, typically slow movements as a great form of exercise that helps reduce stress and maintain joint mobility. For no-fee assistance in locating senior housing, contact Wendy at (313) 202-9730, or WendyW@CarePatrol.com



SPEAK UP!

Call APS Day or Night

If you suspect abuse, exploitation or self-neglect, Adult Protective Services staff will investigate allegations within 24 hours.



855-444-3911

Aging Matters expo and workshops set for November 14

The Aging Matters workshops and expo is designed to educate older adults, their adult children and service providers on important issues to ensure seniors can age with dignity and have choices.

"While most people make efforts to prepare financially, too few have a good understanding of what's involved or what steps they could take now to make sure they're not scrambling in the event of infirmity or incapacitation of their elder loved ones," said Pat Rencher, Aging Matters project manager.

Rencher says she and other se-

nior-serving organizations hope that educating families on important legal and medical issues as well as available resources reduces the number of families experiencing overwhelm and desperation when an elder loved one physically or mentally declines.

"Waiting until a medical event to begin to plan or to seek services limits choice. And if a family member experiences cognitive decline, it's nearly impossible to put certain things in place," she said.

In addition to elder law and long-term care resource workshops,

participants can attend sessions on Medicare (it will be open enrollment time), financial scams targeting seniors and hear Gwendolyn Graddy-Dansby, MD, discuss the silent epidemic of Alzheimer's disease in the African American community.

"Dr. Graddy is a geriatrician with many years' experience treating older adults. She'll provide the facts and dispel the myths," Rencher said, adding, "Paula Duren, Ph.D., of Universal Dementia, follows with a discussion on how families can tend to the spiritual and emotional needs of those suffering with the disease."

The Alzheimer's Association provides private consultations throughout the day.

Held at Second Ebenezer Church, 14601 Dequindre, the free expo and workshops run from 8 a.m. to 2:30 p.m. and include a continental breakfast and lunch. Reservations are required beginning Sept. 14. Call (313) 444-3821 or visit detroitcaregiversupport.com.

The Alzheimer's Association of Greater Michigan, Henry Ford Health System and Presbyterian Villages of Michigan are event sponsors.

Durable Power of Attorney Continued from page 5

at no cost via michigan.gov/documents/miseniors/Advance_Directives_230752_7.pdf.

"It is very, very difficult for people to think about having others make their decisions, but the durable power of attorney ensures they are never in guardianship," he said. "If family doesn't have the authority and (the person) has to go to probate, my advice is for a family member to serve as guardian."

Under guardianship, the court appointed guardian has control over health care, the client's money, and where one lives. (See related story.)

"Basically, the person is losing

their personhood. They could be locked in a dementia unit or put on psychotropic medication.

"It is likely an infant has more rights than a person under guardianship," he said.

While it is very difficult to terminate a guardianship, it is very easy to start one, Geller said, adding the hearing to appoint a guardian takes roughly two minutes.

"It should be the other way around," he said. "The more you learn (about guardianship) the more terrifying it becomes. Take the steps to try and ensure they are never involved in a guardianship."

Geller said there are no disadvantages to a durable power of attorney.



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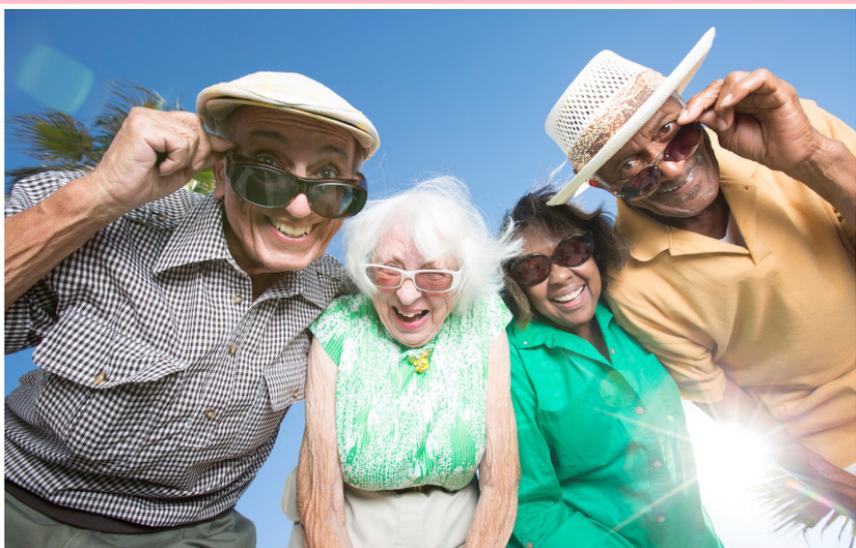
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StridesForSeniors.org

Paul Bridgewater
Campaign Chair

Tips for motivating seniors



By Debra Pascoe
Editor

No one really wants to be isolated, but sometimes getting seniors out of their home can be difficult.

Loved ones need to be persuasive, said Cathy Lysack, deputy director of the Institute of Gerontology and professor of occupational therapy at Wayne State University.

Lysack suggested beginning the process by thinking about activities the senior enjoys. Tap into the reservoir of that person's life, recall what they find interesting and make plans to do them.

"Movies may be fun but it's a lot more fun to do things that capture their imagination," she said, adding involve children as much as possible. Lysack said older people like to be around those that are energetic.

"Older folks don't want to hang

out with someone who is even older or even sicker," she said. Brainstorming is key.

"Pick something that will pique their interest, tap into something you already have an idea about; something they've enjoyed in the past," she said. "If they liked to garden, drive around Belle Isle and stop at the conservatory.

Choose something that meant something to them before they had these mobility issues and began to suffer from isolation."

Know someone who just got a puppy? Bring the senior for a visit or maybe just visit a pet store.

"There are no judgments that come from a puppy with a cute little face and a wagging tail. You have to smile," she said.

Seek out a Visiting Friends program.

Continued on page 14



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Consider Medicare Changes Now

Open enrollment for Medicare runs from Oct. 15 – Dec. 7, during which Medicare beneficiaries can select a prescription drug plan for the new calendar year.

While individuals may stay with their current plan, the Michigan Medicare/Medicaid Assistance Program (MMAP) recommends reviewing options before deciding.

Michigan currently offers:

- 21 stand-alone prescription drug plans
- 121 Medicare Advantage Plans (103 include Medicare prescription coverage)
- Six Medicare Special Needs Plans
- Seven MI Health Link Plans
- 20 PACE (Programs of All-inclusive Care for the Elderly) Plans

Veterans may have a Medicare drug plan to cover drugs not provided by the Veteran's Administration and still get their basic medications from the VA.

Each year, insurance companies can change their benefits. It is important Medicare beneficiaries not only consider the price of their monthly premium, but also the plan formulary (drug list). Make sure needed prescriptions are still covered and if

there are any restrictions, like requiring prior authorization, quantity limits or step therapy.

Other considerations include a preferred pharmacy, mail order or if prescriptions can be obtained while traveling.

Low-income individuals may qualify for "Extra Help" paying for premiums and co-pays. For more information, contact the Social Security Administration.

To review the 2018 Medicare prescription drug plans, visit medicare.gov and use the Plan Finder to compare options or call 1-800 Medicare (1-800-633-4227) for assistance.

Those seeking local assistance can call MMAP at 1-800-803-7174 to talk with a counselor who can assist with the research necessary to make an informed decision.

Those needing help finding a Market Place Plan can visit enrollmichigan.org. This free service is funded by grants from the U.S. Department of Health & Human Services, the Administration for Community Living, the Michigan Department of Health and Human Services, the Michigan Health Endowment Fund and the Michigan Aging and Adult Services Agency.

Consider including a Medigap Subsidy Medicare may not cover it all, but there is a solution.

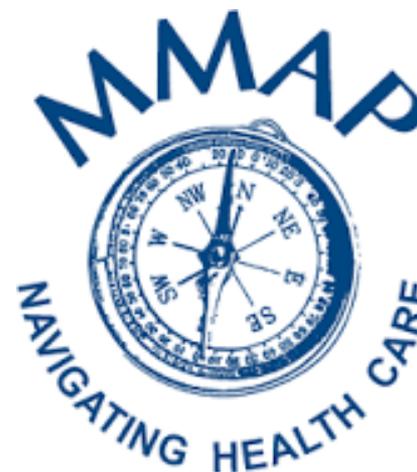
Medigap is additional health insurance Medicare beneficiaries can purchase from a private company to pay health care costs not covered by Medicare, such as co-payments, deductibles and health care if you travel outside the United States.

Qualifying individuals pay slightly less for this coverage through the Michigan Medigap Subsidy program. Those with an annual income at or below

\$17,820 for an individual and \$24,030 for a couple can get help with part of the monthly premium cost.

To apply, visit michiganmedigapsubsidy.com, or call 1-866-824-9772 from 8 a.m. to 6 p.m. Monday through Friday to request an application.

For more help, call the local Area Agencies on Aging Medicare-Medicaid Assistance Programs.



Michigan Medicare & Medicaid Assistance Program

Call 1-800-803-7174

or visit <http://mmapinc.org> for information and assistance.

Why so negative?

**By Debra Pascoe
Editor**

Seniors are getting a bad rap from marketing departments, said Cathy Lysack, deputy director of the Institute of Gerontology and professor of occupational therapy at Wayne State University.

Seniors portrayed in advertising are buying incontinence products, talking about funeral expenses or getting out of walk-in bath tubs.

“There’s a tendency in our society to not respect the lives and wisdom and basic human rights of any person - young or old,” Lysack said. “Portrayals of older people are much more negative than they need to be. There’s a lot of ageism in marketing.

“When we talk about older adults, we think about that one kind of person, the seniors who unfortunately have a disability or chronic illness. But there’s the younger old and we also meet that amaz-

ingly sharp 88-year-old who is driving and volunteering.

“The public doesn’t understand there’s a very healthy segment of older people, too.”

Lysack said society needs to get its facts straight when it comes to seniors and nursing homes. While the general population believes most older adults live in these facilities, Lysack said research shows 5 percent of those 65 and older call them home.

And for the most part, their stay is temporary.

Lysack said most nursing home patients are there to recoup from an illness or injury and return to their homes after they have completed the necessary therapy.

“Some need help at home toward the end of life or if a health condition emerges, but most people live out there days outside of a nursing home,” she said.



Competition was fierce at this year's Detroit Senior Olympics. Women and men ages 50 plus competed over a three day period to earn medals in track & field, swimming, basketball, bounce volleyball, tennis, frisbee toss, Bid Whist, and Hustle dance activities. Pickelball, Chess and softball were new events added this year. The annual event, hosted by Detroit Parks & Recreation and the Detroit Area Agency on Aging, is scheduled for June 11 - June 13, 2018. Get Ready!

Adult Protective Services... We are our brother's keeper



Michigan's Adult Protective Services (APS) is a social services program that serves seniors and adults with disabilities, are victims of abuse, neglect, self-neglect or exploitation.

When a concerned resident files a report, investigators meet in person with suspected victims and assess each individual's unique needs before developing a service plan

Tips for Motivating Seniors, Continued from page 11

Call the local Area Agency on Aging for a schedule of activities offered at their facilities.

Check with your church for activities and other offerings for seniors.

Host a pot luck.

Take a simple walk through the neighborhood park. Have a seat on a bench and watch the children play.

Select a new or favorite restaurant for lunch or dinner or visit an ice cream parlor that is particularly meaningful for the senior.

to help maintain the victim's safety, health and independence as all parties work to resolve the situation.

If you suspect that an older or vulnerable adult is at risk, call 855-444-3911 any time day or night to file a confidential report. If there is a need for immediate assistance or someone is in imminent danger, contact 911 or your local police department immediately.

"Caregivers wants to think of the logistics of the day," Lysack said. Call ahead and make sure the location is equipped with a wheel chair ramp, close parking, first floor restrooms and the like.

Incorporating a visit to the store after a doctor's appointment is also a good idea, she said. Asking the senior if he or she minds stopping at the local market will make the senior feel less a burden and more of a help.

Plan ahead. Go over the schedule and add fun activities.

"Having something to look forward to keeps us going," she said.

Anonymously Report Bad Drivers

*By Debra Pascoe
Editor*

There are poor drivers and drivers who continue to drive despite physical or mental infirmaries.

There's not much one can do about drivers that don't pay attention or violate the rules of the road, but Michigan allows others to request those that fit the latter profile be re-evaluated to determine if their cars should remain in park.

A section of the Michigan Vehicle Code allows the Department of State to re-examine a person's driving abilities if that person is believed to be incompetent to drive or is suffering from a mental or physical infirmity or disability that may make that person an unsafe driver.

Those knowing of such a person are asked to pick up a copy of a Request for Driver Evaluation form from any Secretary of State Office, fill it out and return it to the state, giving it the authority to intervene.

While a visit to the Secretary of State is never fun, those requesting the form don't have to take a number and wait. The forms are provided at the check-in desk. They are not available online at this time.

Getting the proper information to complete the form may be difficult if the person allegedly unfit to drive is merely driving along the roadway.

The person reporting the incident needs to have information such as name, license number and street address. Clearly, if the alleged offender is a neighbor or relative, some of this information can be easily garnered.

The form also requires detailed information as to why it is believed the offending person needs the re-evaluation and what he or she did to spur the inquiry. This cannot be done anonymously.

The person making the report must include their personal information; however, the state **does not** tell the alleged offender who filed the report.

Filing the form does not require an additional trip to the Secretary of State; it can be mailed, e-mailed or faxed to the addresses indicated on the form.

Visit the Michigan Secretary of State website at Michigan.gov/sos for local Secretary of State branch offices or call 888-SOS-MICH; 888-767-6424.

NEWS BRIEFS

Need assistance paying household water bills or making home repairs to reduce high water usage? Contact the **Community Action Alliance's Water Residential Assistance Program** at **(313) 386-9797** to see if you qualify.

Stay current on issues impacting seniors and those that love them by listening to the **The Senior Solution radio show, from 8 to 9 a.m., Sundays, on 105.9 KISS FM.**

Senior Power Days Health Fair on Belle Isle

from 10 a.m. to 2 p.m. Wednesday, Sept. 13, at the Detroit Yacht Club. This event is free, RSVP to **(313) 721-2582**.

Strides for Seniors Walk and Expo

supports the vital services and programs of metro-Detroit senior centers. The event runs from 9 a.m. to 1 p.m., Saturday, Sept. 23, at Palmer Park. For registration, visit StridesForSeniors.org, call (313) 833-7080, or register onsite. The fee is \$25.

Leading Alzheimer's Research lunch & learn by University of Michigan Alzheimer's Disease Center

is slated from 9:30 a.m. to noon, Tuesday, Sept. 26, at the Macomb Community Action Center-Verkuilen Building. The event is free. RSVP to (313) 664-2604 and leave a name and telephone number.

50+Senior Expo

Learn valuable information on senior housing, travel, finances, caregiving and more at this 9 a.m. to 3 p.m. Wednesday, Oct. 4, event at 650 Letica Dr., Rochester. Hosted by Older Persons' Commission and the Rochester Regional Chamber of Commerce. For details, visit: opcseniorcenter.org, or call (248) 608-0260. Admission and parking are free.

Save the Date!

The Hannan Foundation's inaugural **70 Over Seventy Awards** will honor those who prove impact is ageless and reflect the diverse interests, accomplishments, and lifestyles of older people in Detroit. The event will be held Thursday, October 12, 5:30 at the Roostertail, 100 Marquette Dr., Detroit. Proceeds benefit the Foundation's programs and services. Tickets are \$50. To purchase, visit: hannan.org, or call Tara Franey at 313.833-1300 X20.

Join fellow caregivers and caregiving experts for support and information through Henry Ford Health System's Caregiver Assistance Resources and Education (CARE) at the program's three locations:

- **6-8 p.m., 3rd Tuesday, One Ford Place, Detroit, Room 3C51,**
- **6-8 p.m., 3rd Thursday, Henry Ford Wyandotte Hospital-Henry Ford at Home in the storefront-main lobby,**
- **6-8 p.m., 2nd Monday, Henry Ford Home Health Care Office, 25511 Little Mack, Suite B.**

To verify meetings, call (313) 874-4838, or email caregiverresources@hfhs.org.

Aging MATTERS

EXPO

Tuesday,
November 14,
2017

8:00 AM
to 2:30 PM

Second Ebenezer
Church
14601 Dequindre St.
Detroit, MI 48212

Financial
Scams

Healthy
Aging

Caregiver
Resources

Cognition

Essential
Legal
Planning

Aging
In Place

Long
Term
Care

Medicare
Medicaid



Gwendolyn Graddy Dansby, M.D., geriatrician/medical director for **PACE SE Michigan**, sets the pace for the days' learning agenda with her powerful talk on dementia and its 'silent epidemic' in the African American community. She will dispel the myths and provide the facts. Attendees are encouraged to empower themselves and the ones they love through the additional resource-rich workshops enabling them to age informed and with dignity and choice.

Beginning 9/14, RSVP to: 313.444-3821 or
detroitcaregiversupport.com



alzheimer's
association



Presbyterian
Villages
OF MICHIGAN
SENIOR LIVING COMMUNITIES

FREE Continental Breakfast/Lunch

[Detroit_caregivers_support](https://www.instagram.com/Detroit_caregivers_support)

[Detroit Caregivers Support & Education](https://www.facebook.com/DetroitCaregiversSupport&Education)